

# Claims

[c1] What is claimed is:

A neck ring for cooling or warming comprising:

a first elongated, rectangular fabric layer;

a second elongated, rectangular fabric layer sized as the same size as the first fabric layer;

means for threadably attaching the first fabric layer parallel to and against the second fabric layer;

a third fabric layer attached on one side to said second fabric layer and sized to form an elliptical chamber along the length and width of the second fabric layer;

means for threadably attaching the third fabric layer substantially along the lengths on both sides of the second fabric layer leaving the ends open; and

an elongated gel pack that retains cold or heat for a predetermined amount of time that is flexible and is sized to fit within said third fabric layer chamber on said neck ring which is inserted into said chamber on said neck ring for providing heating or cooling to said neck ring.